

Steve Sisolak, Governor



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**NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION
Pursuant to NAC 634A.137**

- Please note that if your CEU course has been approved by **NCCAOM AOM-BIO**, then it will be automatically deemed approved and you do not have to submit this form.
- One application per course must be submitted for review and approval.
- The fee required pursuant to NAC 634A.165 of \$100 (per course).
- The Board requires a syllabus, a curriculum vitae for the instructor(s), and the NCCAOM course approval # and category # if applicable.
- If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.
- **Please mail to: Board of Oriental Medicine, 3191 E. Warm Springs Rd., Las Vegas, NV 89120**

1. Name of Applicant or Entity: National University of Health Sciences
 2. Address: 200. E Roosevelt Road Lombard, IL
 3. Phone number: 630-889-6622
 4. Email: postgrad@nuhs.edu
 5. Location and Address of the continuing education program: _____
 Online via live-streaming webinar; attendees will receive a private zoom link

6. Course approved by: NCCAOM yes _____ no _____
 Other entity/entities: _____

7. Title of Course: 5 Steps to Health: Taking Your Patients From Chaos to Order

8. Date(s) and times of the course taken: September 12-13, 2020

9. Name of Instructor(s) and his/her degree(s): Simon Agger; Doctor of Chiropractic, University of Western States

10. CEU hours: 8.0

11. Did you attend in person or online: Online via live-streaming webinar

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: _____

Name: Jenna Glenn, DC, ND, MS

e: 7/15/2020

Course Title: 5 Steps to Health: Taking Your Patients From Chaos to Order

Instructor: Simon Agger, DC

Course Description: Focusing on clinical decision making in 5 key areas (Modules), using a systems approach resulting in superior health outcomes in your patient population.

Module 1: Identifying and addressing inflammation

2.0 Hours

- 1) Attendees will learn the differing situations in which inflammatory processes begin and evolve throughout the body.
- 2) Attendees will learn the physiology, pathophysiology and neurophysiology of inflammation
- 3) Attendees will learn how to identify presenting inflammatory conditions, through history taking, clinical examination, laboratory work.
- 4) Attendees will learn common clinical entities that directly present, and/or often co-exist with inflammatory processes
- 5) They will learn how to triage clinical interventions to modulate inflammatory responses using diet, exercise, nutrition, herbal support combinations and protocols to overcome these.
- 6) Attendees will learn which peer reviewed treatment protocols are successful, and how and why they are successful, according to the most current research.
- 7) Attendees will learn how to manage the different areas and systems in the body, using a systems approach to correcting these problems which focuses on physical and physiological treatment strategies.

Module 2: Correction and strengthening

1.0 Hour

- 1) Attendees will learn when to alter their treatment parameters to focus on staying out of the acute phase of care, by understanding the metabolic processes and clinical tests that can be used to guide our clinical decision making.
- 2) Attendees will learn to use clinical benchmarks to understand and deliver more optimally focused nutrition diet and herbal protocols to support the repair of the body tissues that have been inflamed.
- 3) Attendees will learn methods to create endurance in the patient through appropriate herbal, dietary and exercise protocols.
- 4) Attendees will learn clinical methods to measure endurance.
- 5) Attendees will understand the physiology behind catabolic and anabolic states, common clinical problems and how to manage patients through diet, exercise, nutrition and herbal supplementation.
- 6) Attendees will learn how to direct and manage patients beyond symptom reduction with specific nutritional and interpersonal skills.

Module 3: Brain health and neurodegeneration

3.0 Hours

- 1) Attendees will learn how to assess, evaluate and address neurodegeneration and age-related brain burden with nutritional/herbal protocols.
- 2) Attendees will learn the importance of exercise in managing neurodegenerative health
- 3) Attendees will learn the specific dietary protocols for assisting Alzheimer's patients, and the interaction on a neuro-physiologic/immunologic level of differing foods and supplements on the brain.
- 4) Attendees will understand how to support a concussed patient, what specific foods and supplements should be, and not be, given and why.
- 5) Attendees will understand the neuro-physiology/immunology behind the concussed patient, the demented patient and those with neurodegenerative disorders.
- 6) Attendees will learn specific nutritional, herbal and dietary protocols for the above patients
- 7) Attendees will learn and understand about microglial modulation, cortical spreading depression, neurotransmitter modulation.
- 8) Attendees will understand the effects of common autoimmune disorders on the brain metabolism and physiology.

Module 4: Life repair

1.0 Hour

- 1) Attendees will learn how to identify patients life burdens through a thorough history
- 2) Attendees will learn how to uncover patients long term health goals.
- 3) Attendees will learn protocols for managing high blood pressure, modulating diabetes care, osteoarthritis, Rheumatoid arthritis, and a broad look at anxiety & depression
- 4) Attendees will learn how to co-manage a patient with commonly prescribed medications.
- 5) Attendees will learn how to assess select common genetic burdens, single nucleopolymorphisms (SNP'S)
- 6) Attendees will learn how to develop nutritional/diet and herbal support for these SNP'S.

Module 5: Supportive care

1.0 Hour

- 1) Attendees will learn the difference between basic and specific nutritional/diet/ herbal support.
- 2) Attendees will learn how to distinguish between basic and specific supportive care.
- 3) Attendees will learn how to guide patients through the process from initial encounter to supportive care giver.
- 4) Attendees will understand the need for clear mutual goals, patient education
- 5) Attendees will learn how to set realistic expectations with patients so that both patient and practitioner can succeed.

- 6) Attendees will learn how to communicate the value of their services
- 7) Attendees will learn to be aware of changing habits and attitudes in the healthcare arena that can impact our outcomes

Professional

Bachelor of Economics (Honors) 1990

University of Wolverhampton, Wolverhampton, England.

British Universities North America Club, member and participant, 1990

Massage Therapy certification, 1991, Institute Of Natural Therapeutics, Mesa, Arizona

Pre-Med basic sciences, 1993, Science Institute, New College, San Francisco

Doctor of Chiropractic, 1997, Western States Chiropractic College, Portland, Oregon

Post graduate Orthopedics, 1997-1998, Western States Chiropractic College, Portland, Oregon.

Private Practice 1998-present, Agger Chiropractic and Nutrition Clinic, Portland, Oregon.

Chiropractic Physician, Nike World Masters Games, 1998, Beaverton, Oregon.

Associate Professor, 2005-2008, Western States Chiropractic College, Portland, Oregon, providing final quarter internships for senior interns, (and sometimes jobs!).

Attending Chiropractic Physician, 2005 - present, Oregon Ballet Theatre, Portland, Oregon.

Extensive Post graduate study in managing auto-injuries, spinal and extremity injury rehabilitation.

Extensive Post Graduate study in use of whole food supplements, herbs and diets to reduce inflammation, heal body systems and restore body function.

Field doctor Mentor for 'Master in Human Nutrition and Functional Medicine' degree program final year students, University of Western States, Portland, Oregon. Providing internships, case studies, academic and clinical advice and mentoring for graduate students 2013 – present

Speaker for Standard Process Northwest and Oregon representatives, sharing clinical insights in Whole food Nutrition, glandular and herbal therapy, including relative physiology, triaging for common clinical complaints, and case studies to educate other clinicians 2015 – Present

Supervisor for Certified Nutrition Specialist accreditation candidates, providing, once they have passed their CNS exam in North America, the 1000 clinic hours, case studies, clinical direction & triaging for Post Masters graduates to become eligible for approval by the board for certification of nutritional specialists, (BCNS), 2018 - present

Oregon Chiropractic Association member, in good standing, 1998 - present.

Standard Process Clinical Champion 2019

Current projects (2019):

- 1) Continuing to assist Oregon Ballet Theatre in Dancer health and wellness.
- 2) Developing a collection of case studies related to whole food nutrition, herbs and chiropractic in the clinical realm to further their usage in clinical practice across all disciplines, and educating more doctors and health care practitioners in their effective use to prepare for scholarly publication.
- 3) Continued development & refinement of Brain and Cognitive rehabilitative programs at our clinic
- 4) Development of teaching clinical modules for doctors interesting in understanding and decreasing inflammation naturally.

Personal

Soccer player from aged five, through college (U.K. and U.S.), Greater Portland Soccer Divisions open and over 40 leagues. Board member Scappoose Soccer Club (2002-2012). Married with 2 college kids! Manchester City FC supporter since 1976. Health-nut. Music, gardening, plane and car aficionado.